

June 2019

THE RAPHAEL VOICE

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Celebrating June

Beautiful in Your Skin Month

Soul Food Month

Lemonade Days

June 1-9

World Bicycle Day

June 3

Banana Split Days

June 7-8

Roller Coaster Day

June 13

Father's Day

June 16

World Music Day

June 21

Social Media Day

June 30

Summer is Here

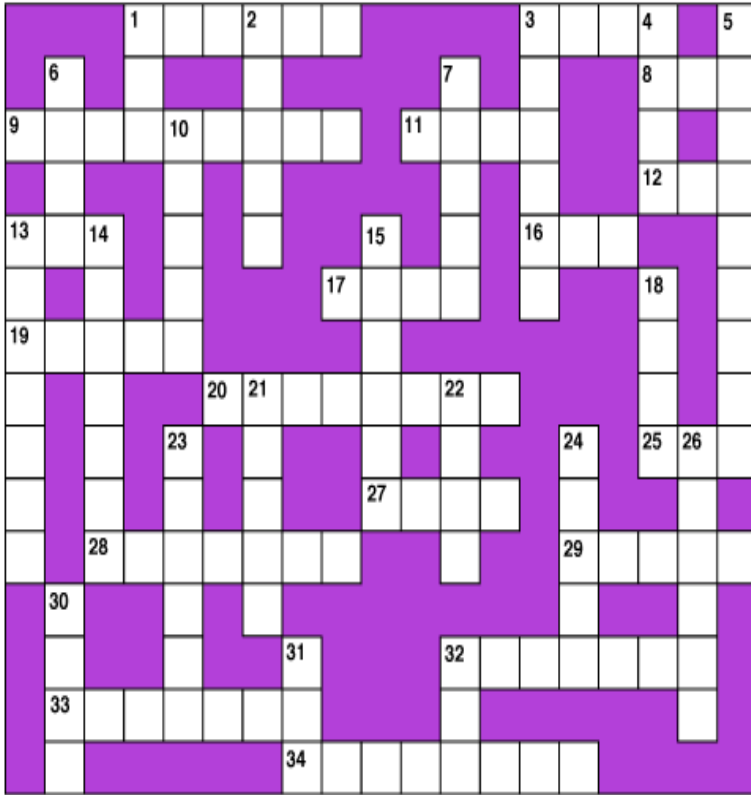
Summer is the warmest season of the year when the sun shines directly on one half of the world. Summer in the Northern Hemisphere begins about June 21st - the date of the summer solstice. It ends about September 23, the date of the autumnal equinox. Usually, July and August are the hottest months of the summer season. Crops, trees, and other plants reach their full maturity in summer.

When the sun is the high over the Northern Hemisphere, it is low in the Southern Hemisphere. The warmest months in the United States are the coldest months in Australia, and in the southern part of the South America and Africa. The growing season of Australia and Argentina is during the months of December, January, and February. These months compare with June, July, and August in the Northern Hemisphere.

In the summer, Staying Hydrated is going to seem like a task in itself. Hydration is definitely one of the most important things that you need to care of. Our bodies are mainly constituted of water and it makes sense that you might need a glass of water every half hour. With rapidly increasing temperatures, it is vital to stay hydrated to keep your body cool.



SUMMER CROSSWORD



ACROSS

- 1. Light rain
- 3. String _____
- 8. Single
- 9. Jumping & hopping game
- 11. Summer month
- 12. Have lunch
- 13. Very warm
- 16. City home for wild animals
- 17. Summer month
- 19. Sandy spot
- 20. Water sport
- 25. Used to pave roads
- 27. Relax

- 28. Step back
 - 29. Very humid weather
 - 32. Warm weather foot wear
 - 33. _____ storm
 - 34. Thrilling
- DOWN**
- 1. Short form of sister
 - 2. Time piece
 - 3. Cool wind
 - 4. Musical symbol
 - 5. Summer month
 - 6. Go it alone
 - 7. Weather word

- 10. Capture
- 13. Leisure activities
- 14. Follows a car
- 15. June 21
- 18. Always do your _____
- 21. Pools are full of this
- 22. Birds home
- 23. Suntan _____
- 24. Hot & _____
- 26. Summer month
- 30. Better _____ than never
- 31. _____ you sleeping?
- 32. Take a seat

In the Name of the Father

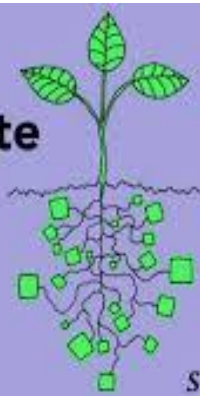
Fathers, thank mothers for the creation of Father's Day. It was a woman named Sonora Smart Dodd, one of six children raised by her widower father, who lobbied to create a father's equivalent to Mother's Day. Dodd took her cause to churches, shopkeepers, the YMCA, and local government officials until finally, on June 19, 1910, Washington state celebrated the first Father's Day. Over the years, the holiday gained traction, and in 1924, President Calvin Coolidge urged all states to adopt Father's Day as a holiday. But this was not without controversy. Throughout the 1920s and '30s, groups attempted to squash both Mother's and Father's Day. They argued instead for one holiday, Parents' Day, for, as one advocate said, "both parents should be loved and respected together." It wasn't until 1972 that Richard Nixon, in the middle of his presidential re-election campaign, signed a proclamation making Father's Day a federally recognized holiday—58 years after Mother's Day was made official.

Odd Facts About Your Body

- It is physically impossible for you to lick your elbow.
- Like fingerprints, everyone's tongue print is different
- Almost everyone who reads this will try to lick their elbow.
- Your heart beats over 100,000 times a day.
- It takes approximately 12 hours for food to entirely digest.
- A sneeze travels out your mouth at over 100 m.p.h
- Men can read smaller print than women. Women can hear better
- Every time you lick a stamp , You are consuming 1/10 of calorie



Why do plants hate math?



Because it gives them square roots.

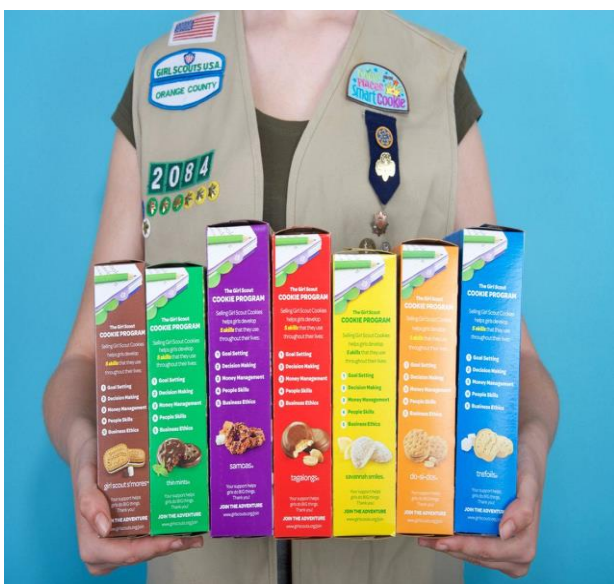
May Highlights



Visit to Brookside Gardens, Silver Spring



Birthdays



Girls scout visits

BENEFITS OF EXERCISING

Physical activity is vital at any age, but as you grow older, changes set in that make exercise even more crucial. Conditions that typically develop with aging can be delayed when you stay active. The Centers for Disease Control and Prevention says that physical activity can even extend life expectancy.

When you grow older, bones can become brittle and the muscles shorten. An elderly person can lose the balance and coordination that they have had their entire lives. Staying active helps keep the body flexible. Stretching routines will lengthen muscle tissue and help prevent wasting and shortening. Exercise can reduce incidents of arthritis and osteoporosis by increasing bone density and joint range of motion. Regular exercise helps to keep the heart muscle in shape and can ward off common cardiac problem.

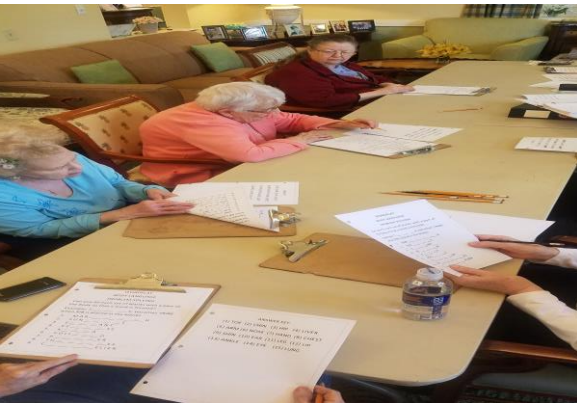
Take part in an exercise program to help fill some of the hours. An ordinary walk when you feel blue will enhance your spirits. Exercise will also improve cognitive functions. As you age, your memory may not be as clear as it once was. Exercise can help improve mental focus.

Many problems associated with growing older will improve if you stay active, as long as your doctor gives you the OK.

More specifically, regular exercise is shown to be beneficial in:

- Reducing falls and injuries
- Maintaining weight and burning excess calories
- Improving the ratio of good cholesterol to bad cholesterol
- Building up physical endurance

Activities Corner



June Birthdays



In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Sara D. – June 2,
Pricilla C. – June 4,
Myrtle L. – June 13,
Elizabeth C. – June 16,

Raphael House welcomes our Newest Residents.



James 'Jim' H.



Allen W.